

DINNERLY



Midweek Roast Chicken and Veggies with Chargrilled Capsicum Sauce



35 minutes



2 Servings

Jazz up your chicken dinner with a tangy capsicum sauce. It's a simple matter of popping a trio of veg and juicy chicken breast in to roast, then sitting back while the oven does most of the work.

WHAT WE SEND

- 1 potato
- 1 red onion
- 1 zucchini
- 1 carrot
- 1 large free-range chicken breast fillet
- 50g chargrilled capsicum dip

WHAT YOU NEED

- 1½ tbs olive oil
- 1 tbs mayonnaise³
- 1 tsp honey

TOOLS

- 2 oven trays
- baking paper

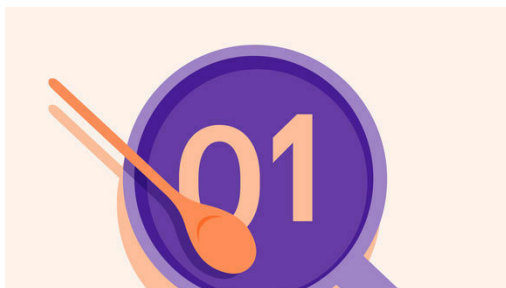
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3). May contain traces of other allergens.

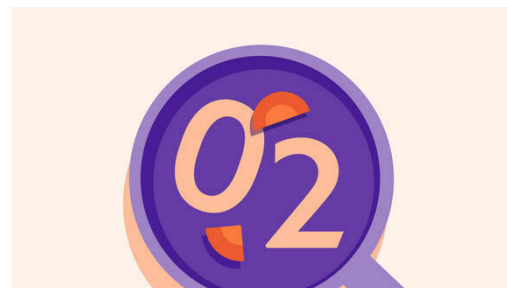
NUTRITION PER SERVING

Energy 520kcal, Fat 25.4g, Carbs 30.5g, Proteins 39.1g



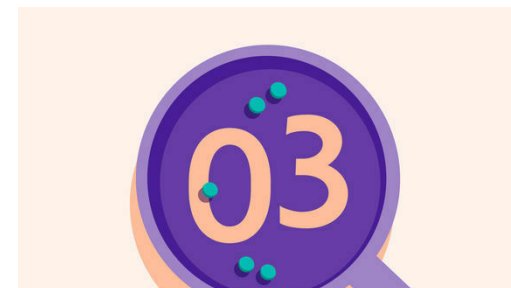
1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the **unpeeled potato** into 4cm chunks. Cut the **onion** into wedges. Halve the **zucchini** lengthwise and cut into thirds on an angle. Cut the **unpeeled carrot** into 2cm-thick batons.



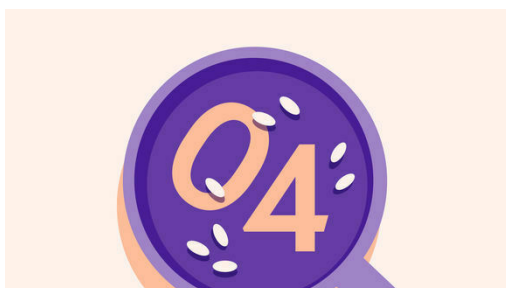
2. Roast veggies

Put the **potato** on a lined tray. Put the **onion**, **zucchini** and **carrot** on the remaining lined tray. Drizzle each tray with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast the potato on the upper oven shelf and the zucchini mixture on the lower shelf for 10 mins.



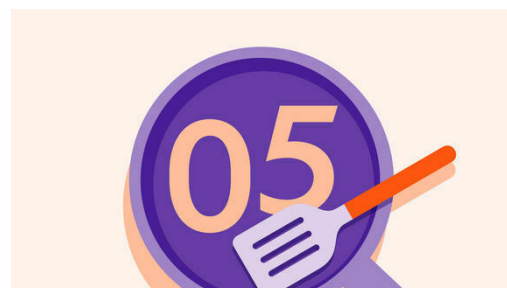
3. Roast chicken

Add the **chicken** to the tray with the potato. Drizzle with **2 tsp olive oil** and season with **salt and pepper**. Roast for a further 15-20 mins (see Kitchen 101) until the chicken is cooked through and the veggies are tender.



4. Make capsicum sauce

Meanwhile, combine the **capsicum dip**, **1 tbs mayonnaise** and **1 tsp honey** in a bowl.



5. Serve up

Slice the **chicken**. Divide the chicken and **roasted veggies** among plates. Drizzle with the **capsicum sauce** and enjoy!



6. Kitchen 101

Chicken breasts can vary slightly in thickness. Check to see if your chicken is cooked through after 15 mins. If not, return to the oven for a few more minutes.